



Your Health
Notts



Nottinghamshire
County Council

Free strength and balance programmes in Worksop



Low impact exercises designed to improve your strength, mobility and stability



Get together for a cuppa and a chat afterwards



**The Crossing
Church Workshop,
S80 2AT**

Wednesdays
starting 26th March:
10-11.30am
12-1.30pm



**Book your FREE place today by calling
0115 772 2515**